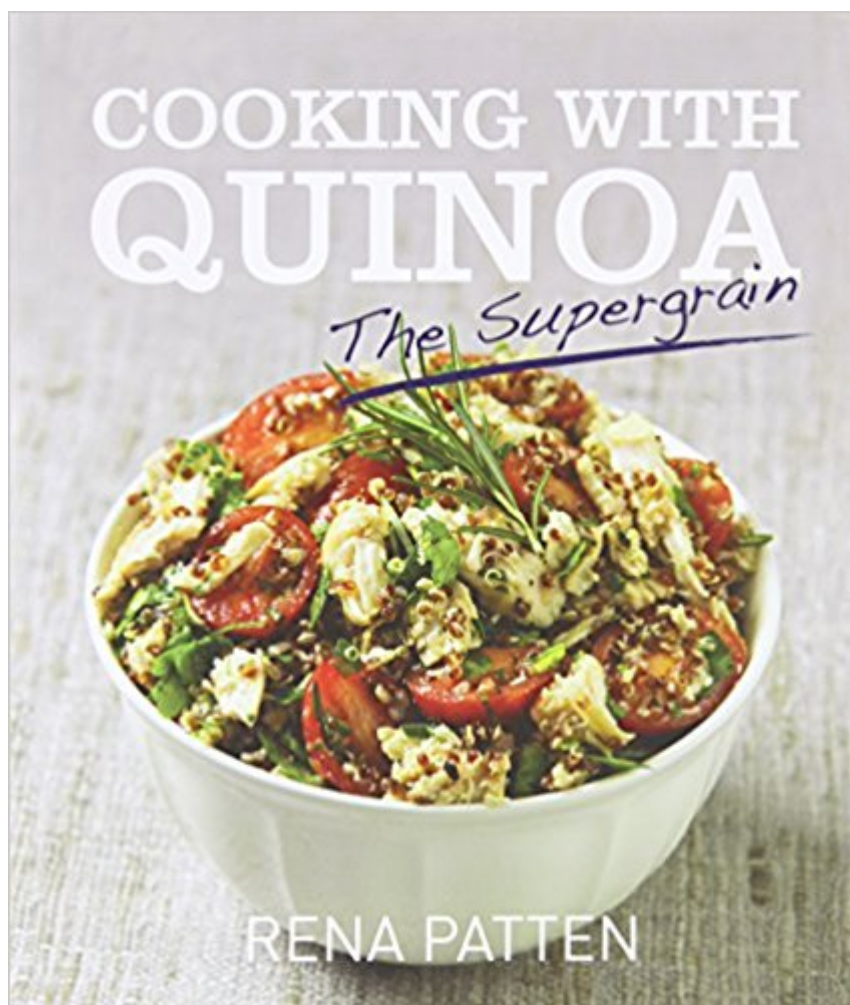


The book was found

Cooking With Quinoa: The Supergrain



Synopsis

Quinoa-pronounced keen-wah-is a grain, but not just any grain. It is considered to be almost a complete food. It is very high in protein, full of vitamins, gluten- and wheat-free, cholesterol-free and usually organic. And it is simply delicious. An ancient plant native to the Andes mountains, quinoa is known to have been a staple food of the Incas. Quinoa contains more protein than any other grain. The quality of this protein has been likened by the World Health Organization as being closest to milk. Quinoa is also a very good source of manganese, magnesium, potassium, phosphorous, copper, zinc, vitamins E and B6, riboflavin, niacin and thiamine. It has more calcium than cow's milk, is an excellent antioxidant, is rich in dietary fibre and has more iron than any grain. It also has the highest content of unsaturated fats and a lower ratio of carbohydrates than any other grain plus a low Glycemic Index level. The health benefits are truly enormous.

Book Information

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Customer Reviews

This book far surpasses my expectations and hopes. It is a beautiful book with a great selection of quinoa recipes. Table of Contents are: What is Quinoa? (5 photos) Soups (2 photos) Carrot, Ginger, Garlic and Coriander Soup (full-page photo) Cream of Lettuce Soup (full-page photo) Creamy Coconut Seafood Soup (full-page photo) Greek Egg and Lemon Meatball Soup Zucchini, Garlic and Parmesan Cheese Soup Roasted Tomato and Fennel Soup with Basil and Garlic Pesto (full-page photo) Sweet Potato, Chili, Basil, and Balsamic Vinegar Bean Soup (full-page photo) Lentil Soup Pumpkin, Tomato and Pea Soup Breads and Pasta (2 photos) Buttermilk Bread Loaf (full-page photo) this is a very clean healthy bread whose only ingredients are oil, quinoa flakes, quinoa flour,

baking soda, brown sugar, salt, buttermilk, eggs, water and red or black quinoa) Herb Bread (full-page photo) another bread recipe free of wheat, gluten, gums, yeasts, and acid-forming ingredients. The only ingredients are quinoa flour, baking soda, quinoa flakes, salt, paprika, fresh chives, fresh parsley, fresh rosemary, fresh thyme, olive oil, and milk Olive Flat Bread (full-page photo) ANOTHER clean healthy bread recipe!

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